

Mr. Hafez in English



20
27

Primary

4



First Term



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Unit 1

The Five Senses



Learning Outcomes

تتائج التعلم

Speaking

- Ask and answer questions about the importance of senses
- Talk about health habits in pairs
- Deliver a presentation on healthy eating habits

- طرح أسئلة والإجابة عنها حول أهمية الحواس
- الحديث عن العادات الصحية في ثنائيات
- تقديم عرض تقديمي حول عادات الأكل الصحية

Listening

- Identify vocabulary related to the five senses
- Answer comprehension questions in a listening dialog
- Recognize short and long vowels as in "pen" and "feed"

- تعرف مفردات متعلقة بالحواس الخمس
- الإجابة عن أسئلة الفهم في حوار استماع
- تمييز حروف العلة القصيرة والطويلة كما في كلمتي "pen" و "feed".

Reading

- Answer questions about healthy habits
- Identify the setting and characters
- Order daily events using sequence words

- الإجابة على الأسئلة المتعلقة بالعادات الصحية
- تعرف خلفية القصة والشخصيات
- ترتيب الأحداث اليومية باستخدام كلمات التسلسل

Writing

- Use the present simple tense to write meaningful sentences
- Write a daily routine using sequence words
- Plan a presentation on healthy eating habits

- استخدام زمن المضارع البسيط لكتابة جمل ذات معنى
- كتابة روتين يومي باستخدام كلمات التسلسل
- تخطيط لعرض تقديمي حول عادات الأكل الصحية

Lesson 1

What are the Five Senses ?

Key Vocabulary

1 senses الحواس	2 sight حاسة البصر	3 hearing حاسة السمع	4 smell حاسة الشم
5 taste حاسة التذوق	6 touch حاسة اللمس	7 tongue لسان	8 nose أنف

Extra Vocabulary

No.	English	Arabic	No.	English	Arabic
1	amazing	مدهش	11	butterflies	فراشات
2	understand	يفهم	12	colorful	ملون
3	beautiful	جميل	13	world	عالم
4	garden	حديقة	14	healthy	صحي
5	safe	آمن	15	habits	عادات
6	smoke	دخان	16	routine	روتين
7	fire	نار	17	important	مهم
8	birds	طيور	18	excellent	ممتاز
9	singing	غناء / تغريد	19	question	سؤال
10	flowers	زهور	20	children	أطفال

أعضاء الحواس – Sense Organs

No.	Sense Organ	Definition (English)	المعنى بالعربية
1	 eyes (العينان)	The parts of the body we use to see .	الأجزاء من الجسم التي نستخدمها للرؤية.
2	 ears (الأذنان)	The parts of the body we use to hear .	الأجزاء من الجسم التي نستخدمها للسمع.
3	 nose (الأنف)	The part of the body we use to smell .	الجزء من الجسم الذي نستخدمه للشم.
4	 tongue (اللسان)	The part of the body we use to taste .	الجزء من الجسم الذي نستخدمه للتذوق.
5	 hands (اليدين)	The parts of the body we use to touch and feel.	الأجزاء من الجسم التي نستخدمها للمس والشعور.

I see with my eyes.

أنا أرى بعيني.



I hear with my ears.

أنا أسمع بأذني.



I smell with my nose.

أنا أشم بأنفي.



I taste with my tongue.

أنا أذوق بلساني.



I touch with my hands.

أنا ألمس بيدي.



★ SUMMARY OF THE LESSON ★

- 1  Ms. Mona talks to the students about the five senses. تتحدث الأستاذة منى مع الطلاب عن الحواس الخمس.
- 2  The students are in the school garden on a beautiful day. الطلاب في حديقة المدرسة في يوم جميل.
- 3  Today, they learn about their amazing senses. اليوم يتعلمون عن حواسهم المدهشة.
- 4  Our senses help us understand the world around us. تساعدنا حواسنا على فهم العالم من حولنا.
- 5  We use our sense of hearing to hear birds singing. نستخدم حاسة السمع لسماع تغريد الطيور.
- 6  We use our sense of smell to smell flowers. نستخدم حاسة الشم لشم الزهور.
- 7  We use our sense of sight to see colorful butterflies. نستخدم حاسة البصر لرؤية الفراشات الملونة.
- 8  Our senses help us stay safe every day. تساعدنا حواسنا على البقاء آمنين كل يوم.

★ EXPRESSIONS & PREPOSITIONS ★

No.	Expression / Preposition	المعنى
1	Good morning	صباح الخير
2	talk about	يتحدث عن
3	learn about	يتعلم عن
4	understand the world	يفهم العالم
5	around us	من حولنا
6	hear birds singing	يسمع الطيور تغني
7	smell the flowers	يشم الزهور
8	stay safe	يبقى آمنا

★ VERB CONJUGATIONS ★

No.	Present	Past	Arabic Meaning
1	talk	talked	يتحدث
2	learn	learned	يتعلم
3	help	helped	يساعد
4	understand	understood	يفهم
5	hear	heard	يسمع
6	smell	smelled	يشم
7	see	saw	يرى
8	stay	stayed	يبقى

4. Listen and read. What are the five senses?

A Conversation About the Five Senses

- Ms. Mona: Good morning, children! What a beautiful day in the school garden.
- Sami: Good morning, Ms. Mona! What will we learn today?
- Ms. Mona: Today, we'll learn about our amazing **senses**.
- Salma: What are senses, Ms. Mona?
- Ms. Mona: Senses help us **understand** the world around us like **sight**, **hearing**, and **smell**.
- Sami: I can **hear** birds singing!
- Ms. Mona: Yes! That's your sense of **hearing**. What else can we use?
- Salma: I can **smell** the flowers and **see** the colorful butterflies!
- Ms. Mona: Excellent, Salma! Those are your senses of **smell** and **sight**. Senses also help us stay **safe**.
- Sami: Ms. Mona, how do our senses help us stay safe?
- Ms. Mona: That's a great question, Sami! For example, if we **smell** smoke, we know there's a fire.



Comprehension Questions

- 1 Where are Ms. Mona and the students?
.....
- 2 What can Sami hear?
.....
- 3 What sense do we use to see butterflies?
.....
- 4 How can our senses help us stay safe?
.....

Translation (الترجمة)

- 1 نحن لدينا خمس حواس.
- 2 الحواس تساعدنا على فهم العالم.
- 3 نحن نرى بأعيننا.
- 4 نحن نسمع بأذاننا.
- 5 الحواس تساعدنا على البقاء آمنين.

Language Notes

1 Sense Organs vs. Senses (الفرق بين "عضو الحاسة" و "الحاسة نفسها")

- **Organ (عضو الحاسة):**
أعضاء الجسم التي تستخدمها.
- **Sense (الحاسة نفسها):**
القدرة على الإحساس.
- **Verb/Noun (فعل / اسم):**
يمكن أن Smell / Taste / Touch
اسماً للحاسة أو فعلاً.

	Eyes	→	Sight	
	Ears	→	Hearing	
	Nose	→	Smell	
	Tongue	→	Taste	
	Skin	→	Touch	

Examples:

► I can **smell** flowers.

► This food has a nice **taste**.



2 Can + Infinitive (التعبير عن القدرة باستخدام can + المصدر)

نستخدم can للتعبير عن القدرة على استخدام الحواس في الوقت الحالي. يأتي بعدها الفعل في المصدر (بدون إضافات):

Subject + **can** + inf.

Examples:

- I **can hear** birds singing!
- I **can smell** the flowers.
- We **can see** the moon.



3 Using "with" (أفعال الشعور والإدراك وحرف الجر)

عند الكلام عن عضو الجسم المستخدم لإجراء الحاسة، نستخدم حرف الجر with بمعنى (بواسطة / باستخدام):

Examples:

- I see **with** my eyes.
- I hear **with** my ears.
- I taste **with** my tongue.
- I touch **with** my hands.



with
my eyes



with
my tongue



with
my hands

Note:

✗ by my eyes

✓ with
my eyes

4 What a ... ! (What a... أسلوب التعجب باستخدام)

تُستخدم الصيغة:

What + a/an + adjective + noun !

للتعجب والإشادة بجمال شيء ما.

Examples:

- **What a** beautiful day!
- **What an** amazing story!
- **What a** nice picture!



5 Verbs + Object + -ing (Gerund) (أفعال يتبعها فعل مضاف له -ing-)

الفعل hear (وكذلك see) عندما نرى أو نسمع الحدث وهو مستمر في الوقوع، يمكن أن يأتي المفعول به متبوعاً بفعل مضاف له -ing- (سمعت الطيور وهي تغني).

Examples:

- I can hear birds **singing**!
- We saw children **playing**.
- She heard people **talking**.



2 Choose the correct answer from a, b, c or d.

اختر الإجابة الصحيحة.

1. How senses do we have?
a) long b) much c) often d) many
2. When we see things, we use our sense of
a) hearing b) sight c) smell d) touch
3. I see with my
a) ears b) eyes c) tongue d) nose
4. We delicious food with our tongue.
a) taste b) hear c) see d) smell
5. I can touch soft things with my
a) eyes b) hands c) ears d) tongue
6. We can music with our ears.
a) hear b) see c) smell d) touch
7. I can smell with my
a) hands b) tongue c) nose d) eyes
8. help us understand the world around us.
a) Flowers b) Butterflies c) Voices d) Senses



Writing

ورقة عمل لكتابة موضوع بـراجراف



A Paragraph about Our Amazing Senses

Use the helping words and (be) + going to to translate the following sentences.

1 نحن نملك خمس حواس.

الكلمات المساعدة:

have (يملك) | five senses (خمس حواس)

الترجمة:



2 الحواس تساعدنا على فهم العالم حولنا.

الكلمات المساعدة:

help us (تساعدنا) | understand (نفهم)

الترجمة:



3 نحن نرى بأعيننا ونسمع بأذاننا.

الكلمات المساعدة:

see with (نرى بـ) | hear with (نسمع بـ)

الترجمة:

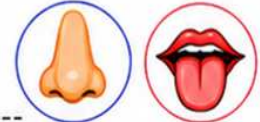


4 نحن نشم بالأنف ونتذوق باللسان.

الكلمات المساعدة:

smell with (نشم بـ) | nose (الأنف)
taste with (نتذوق بـ) | tongue (اللسان)

الترجمة:



5 الحواس تساعدنا لكي نبقى آمنين.

الكلمات المساعدة:

help us (تساعدنا) | stay safe (نبقى آمنين)

الترجمة:

6 عندما نشم رائحة دخان،
نحن نعرف أن هناك حريقاً.

الكلمات المساعدة:

smell smoke (نشم رائحة دخان)
know (نعرف) | fire (حريق)

الترجمة:



Subject: Our Amazing Senses

Part 2: Write the paragraph (اكتب البراجراف كاملاً)



الآن، قم بتجميع الجمل التي قمت بترجمتها بالأعلى واكتبها هنا في شكل موضوع متكامل. اترك مسافة كلمة في بداية السطر الأول، وابدأ كل جملة بحرف كبير (Capital Letter). وضع نقطة (Full Stop) في نهاية كل جملة.

Exercises

1. Listen and write (T) True or (F) False:

1. Ahmed goes to the park on the Friday.
2. He plays with his brothers.
3. They hear the birds singing.
4. Mom made some cake.

2. Choose the correct answer from a, b, c or d:

1. I with my nose.
a) touch b) hear c) smell d) eat
2. We have senses.
a) three b) two c) four d) five
3. I with my hands.
a) touch b) see c) smell d) hear
4. I music and voices with my ears.
a) smell b) hear c) touch d) see
5. I delicious food with my tongue.
a) see b) touch c) taste d) hear
6. I flowers and trees with my eyes.
a) touch b) smell c) hear d) see

3. Read and complete the text with the words in the box:

smoke - hear - safe - tongue - ear

Our senses are very important. I can taste food with my ① I can ② birds singing with my ears. Our senses help us stay ③ If we smell ④, we know there's a fire.

4. Read the text and answer the questions:

Our five senses - sight, hearing, smell, taste, and touch - are very important! They help us understand the world around us.

Our eyes help us see everything! We can see the colors of flowers and trees, the words in a book, and our friends playing. Our ears help us hear sounds. We can hear mom and dad talking, our favorite songs, and the birds singing outside. Our nose helps

us smell different things. We can smell delicious food and beautiful flowers. Our tongue helps us taste our food. We can taste if something is sweet like candy, or salty like popcorn. Taste makes eating fun and helps us know what we like. Our hands help us touch things. We can feel if something is hot or cold, soft or hard. Our senses work together all the time to give us a full picture of the world. So, remember to take care of your amazing senses because they help you know things, learn, and have so much fun every day!

A. Choose the correct answer from a, b, c or d:

1. Our help us touch things.

- a) ears b) nose c) hands d) eyes

2. Our helps us taste our food.

- a) tongue b) hand c) ear d) nose

B. Answer the following questions:

3. What are our senses?

.....

4. What do our ears help us do?

.....

5. Write a paragraph using the following guiding elements:

• Topic: **Your senses**

Guiding words: five - hear - touch

.....
.....
.....
.....
.....
.....
.....
.....
.....

Lesson 2

Healthy Habits

Key Vocabulary



habits

عادات



energy

طاقة



healthy

صحي



sleep

النوم



mind

العقل / الذهن



sharp

حاد / ذكي ونشيط



morning

الصباح



exercises

تمارين / تدريبات

Extra Vocabulary

No.	English	Arabic
1	early	مبكراً
2	strong	قوي
3	breakfast	وجبة الإفطار
4	dinner	وجبة العشاء
5	afternoon	بعد الظهر
6	evening	المساء
7	sweets	حلويات
8	vitamins	فيتامينات
9	vegetables	خضروات
10	fruits	فواكه

No.	English	Arabic
11	fresh	طازج
12	homework	الواجب المنزلي
13	shower	استحمام
14	teeth	أسنان
15	bread	خبز
16	juice	عصير
17	classes	الحصص الدراسية
18	sports	رياضات
19	together	معاً
20	important	مهم

★ SUMMARY OF THE LESSON ★

- 1  Sarah is a healthy 10-year-old girl. سارة فتاة عمرها 10 سنوات وتتمتع بصحة جيدة.
- 2  She wakes up early every morning. تستيقظ سارة مبكراً كل صباح.
- 3  She brushes her teeth and does exercises. تفرش سارة أسنانها وتقوم بتمارين رياضية.
- 4  She eats healthy food for breakfast. تأكل سارة طعاماً صحياً في وجبة الإفطار.
- 5  She drinks plenty of water and plays sports. تشرب سارة الكثير من الماء وتلعب الرياضة.
- 6  She does her homework and helps her mother. تقوم سارة بواجباتها وتساعد والدتها.
- 7  She eats vegetables and fruits every day. تأكل سارة الخضروات والفواكه كل يوم.
- 8  She sleeps early to stay healthy. تنام سارة مبكراً لتحافظ على صحتها.

★ EXPRESSIONS & PREPOSITIONS ★

No.	Expression / Preposition	المعنى
1	wake up early	يستيقظ مبكراً
2	healthy food	طعام صحي
3	plenty of water	الكثير من الماء
4	between classes	بين الحصص
5	help her mother	تساعد والدتها
6	lots of vegetables	الكثير من الخضروات
7	go to bed	يذهب إلى النوم
8	every day	كل يوم

★ VERB CONJUGATIONS ★

No.	Present	Past	Arabic Meaning
1	wake up	woke up	يستيقظ
2	brush	brushed	يفرش
3	wash	washed	يغسل
4	eat	ate	يأكل
5	drink	drank	يشرب
6	play	played	يلعب
7	help	helped	يساعد
8	sleep	slept	ينام

4. Read the text: "My Healthy Day".

My Healthy Day

Sarah is a healthy 10-year-old girl. She follows good **habits** every day to stay strong and healthy.

In the **morning**, Sarah wakes up early at 6:00 a.m. She **brushes** her teeth and washes her face. **Next**, she does some simple exercises in the garden.

For **breakfast**, Sarah eats healthy food. She drinks orange juice and eats eggs and brown bread. These foods give her **energy** for the day.

At school, Sarah drinks plenty of water between classes. She plays sports with her friends during break time.

In the **afternoon**, Sarah does her homework first. **After that**, she helps her mother in the garden. They grow fresh vegetables together.

For **dinner**, Sarah eats lots of vegetables and fruits. These give her important **vitamins**. She doesn't eat too many sweets.

In the **evening**, Sarah takes a shower and brushes her teeth again. She **goes to bed early** at 8:30 p.m. She sleeps for 9 hours every night. Getting enough **sleep** helps her body stay healthy and her **mind** stay **sharp**.

Sarah's healthy habits help her feel good and do well at school. She has lots of energy to learn, play, and enjoy her day!



Comprehension Questions

- 1 What time does Sarah wake up in the morning?
- 2 What does Sarah eat for breakfast?
- 3 What does Sarah do at school?
- 4 What does Sarah do in the afternoon?
- 5 What time does Sarah go to bed at night?

Translation (الترجمة)

- 1 سارة فتاة صغيرة.
- 2 سارة تستيقظ في الصباح.
- 3 سارة تأكل طعامًا صحيًا.
- 4 سارة تساعد أمها في الحديقة.
- 5 سارة تنام مبكرًا كل ليلة.



Writing

ورقة عمل لكتابة موضوع براجراف



My Healthy Habits

Part 1: Translate the sentences (ترجم الجمل التالية)

1



أنا أستيقظ مبكراً في الساعة السادسة صباحاً.

الترجمة:

(wake up - early - at 6:00 a.m.)



2



أنا أغسل أسناني بالفرشاة وأغسل وجهي.

الترجمة:

(brush my teeth - wash my face)



3



أنا أكل طعاماً صحياً في الإفطار.

الترجمة:

(eat - healthy food - for breakfast)



4



أنا أمارس الرياضة مع أصدقائي في المدرسة.

الترجمة:

(play sports - with friends - at school)



5



أنا أذهب إلى الفراش مبكراً لأحصل على نوم كافٍ.

الترجمة:

(go to bed - early - get enough sleep)



Part 2: Write the paragraph (اكتب البراجراف كاملاً)

"My Healthy Habits"



Language in use

The Present Simple Tense

زمن المضارع البسيط



Usage

We use the present simple for daily habits and routines.

نستخدم زمن المضارع البسيط للتعبير عن العادات اليومية والروتين.

e.g. He **brushes** his teeth every day.

e.g. The girls **watch** TV every day.

Form

I / We / You / They / A plural noun + inf. (مصدر الفعل)

e.g. Some children **play** sports after school.

e.g. My brother and I **watch** TV in the morning.

He / She / It / A singular noun + inf. (مصدر الفعل) + (s / es / ies)

e.g. He **plays** football every day.

e.g. She **brushes** her teeth every day.

Spelling rules

We add "es" to the verb that ends in (ss, sh, ch, o, x, z)

نضيف «es» للفعل الذي ينتهي بـ

(ss, sh, ch, o, x, z)

go → **goes**

brush → **brushes**

watch → **watches**

pass → **passes**

e.g. She **goes** to bed early at 8:30 p.m.

If the verb ends in (a consonant + y), we change (y) into (i) then we add (es).

إذا كان الفعل ينتهي بـ (حرف ساكن متبوع بحرف y)،

نحول «y» إلى «i» ثم نضيف (es).

study → **studies**

cry → **cries**

e.g. My sister **studies** English every day.

If the verb ends in (a vowel + y), we add (s).

إذا كان الفعل ينتهي بـ (حرف متحرك متبوع بحرف y)،

نضيف (s).

play → **plays**

stay → **stays**

e.g. He **plays** football after school.



Exercises

1 Choose the correct answer from a , b, c or d.

اختر الإجابة الصحيحة.

- Sarah some exercises in the garden.
a) do b) does c) doing d) am doing
- For breakfast, Sara(n) orange juice.
a) drinks b) drink c) drunk d) drinking
- We our mother in the kitchen.
a) help b) helps c) helping d) is helping
- In the afternoon, they their homework.
a) doing b) done c) does d) do
- She to bed at 10:10 p.m.
a) go b) goes c) going d) gone
- Some children sports after school.
a) playing b) plays c) play d) is playing
- My brother and I TV in the evening.
a) watches b) watching c) watch d) are watching
- She her teeth every day.
a) brush b) brushes c) is brushing d) brushed
- The girl healthy food every day.
a) eating b) eat c) eats d) is eating

2 Read and write the correct form of the word(s) between brackets.

اقرأ واكتب الشكل الصحيح للكلمة بين القوسين.

- Sami (take) vitamins every morning.
- My brother and I (watch) TV in the evening.
- My sister (study) English every day.
- The nurse (help) sick people.
- We (play) sports after school.
- Ali (eat) healthy food every day.
- Sarah (wear) a hat every day.

3. Read and Write the Correct Form of the Word(s) in Brackets

1. He (read) books in the morning.
2. The nurse (help) sick people.
3. She (do) her homework in the afternoon.
4. He (wake) up at 6:30 a.m.
5. They (eating) healthy breakfast every day.
6. Vegetables (gave) us vitamins. They're healthy.
7. She (sleep) for 9 hours every night.
8. Hatem (watch) TV in the evening.
9. I (taking) a shower every day.
10. Mariam (are) my best friend.
11. She (go) to bed early at 8:30 p.m.
12. I (studies) math on Saturdays.
13. He (brush) his teeth in the morning.
14. They (eats) healthy food every day.
15. I (reads) a story before sleeping.
16. He (wash) his car on weekends.
17. We (helps) mom clean our apartment.
18. She (live) in Alexandria.
19. We (has) fruits for dinner every night.
20. Marwan (play) sports at the club.
21. I (likes) my school.
22. They (travels) to Aswan by plane.

Exercises on Lesson 2

1. Listen and write (T) True or (F) False:

1. Salma is nine years old. []
2. She has eggs for breakfast. []
3. Salma goes to school by train. []
4. Salma has lunch at three o'clock. []

2. Choose the correct answer from a, b, c or d:

1. She is strong and healthy because she follows good every day.
a) habits b) nights c) garden d) tea
2. Amr his teeth in the morning.
a) grows b) wakes c) brushes d) takes
3. We usually have in the morning.
a) lunch b) breakfast c) bed d) dinner
4. Healthy food gives me for the day.
a) energy b) sleep c) room d) homework
5. At 10: pm I have and go to bed.
a) lunch b) dinner c) breakfast d) teeth
6. You should get enough every night.
a) library b) kitchen c) games d) sleep

3. Read and complete the text with the words in the box:

exercises - sleep - stay - habits - vegetables

Amira is healthy. She follows good ① She does ② in the morning. She eats fresh fruit and ③ She gets enough ④ every night.

4. Read and write the correct form of the word(s) between brackets:

1. She (take) vitamins every morning.
2. My brother and I (watches) TV in the evening.
3. My sister (study) English every day.
4. The nurse (help) sick people.

5. He (read) in the morning.
6. The girls (watch) TV every day.
7. She (don't) wake up at seven o'clock.
8. How (does) they go to school?
9. She (help) her mother every day.
10. Ali (go) to bed at 10:00 p.m.

5. Punctuate the following:

1. i have dinner at 10 o clock.

.....

2. what is your favorite meal

.....

6. Write a paragraph using the following guiding elements:

- Topic: Your healthy habits

Guiding words: eat - exercise - sleep

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Lesson 3

Story Time!

Goha's Great Meal

Key Vocabulary



owner

صاحب الشيء / مالك



greedy

جشع / طماع



share

يشارك



hungry

جائع



jingling

صوت رنين العملات



market

سوق



coins

عملات معدنية



restaurant

مطعم

Extra Vocabulary

No.	English	Arabic
1	food	طعام
2	soup	حساء / شوربة
3	smell	رائحة / يشم
4	sound	صوت شيء
5	window	نافذة
6	pocket	جيب
7	breath	نفس
8	money	مال / نقود
9	answer	إجابة
10	clever	ذكي

No.	English	Arabic
11	wonderful	رائع
12	delicious	لذيذ
13	suddenly	فجأة
14	outside	في الخارج
15	free	مجاناً
16	shook	هزّ / رَجّ
17	morning	الصباح
18	walking	المشي / يسير
19	laugh	يضحك
20	better	أفضل

★ SUMMARY OF THE LESSON ★

- 1  Goha walks through the market one morning. يمشي جحا في السوق صباح أحد الأيام.
- 2  He is hungry but has no money. كان جائعاً لكنه لم يكن لديه مال.
- 3  He smells delicious soup from a restaurant. شم رائحة حساء لذيذ قادمة من مطعم.
- 4  He sits outside and enjoys the smell. جلس خارج المطعم واستمتع بالرائحة.
- 5  The owner asks Goha to pay for the smell. طلب صاحب المطعم من جحا أن يدفع ثمن الرائحة.
- 6  Goha makes a jingling sound with his coins. أخرج جحا بعض العملات وجعلها تصدر صوتاً رناناً.
- 7  The owner laughs at Goha's clever answer. ضحك صاحب المطعم على إجابة جحا الذكية.
- 8  They share the soup, and the story teaches us to be kind. تشارك جحا مع صاحب المطعم الحساء، والقصة تعلمنا أن تكون لطفاء.

★ EXPRESSIONS & PREPOSITIONS ★

No.	Expressions / Preposition	المعنى
1	walk through	يمشي عبر
2	smell delicious soup	يشم حساء لذيذاً
3	for free	مجانياً
4	for a moment	لحظة واحدة
5	take out	يخرج
6	take a deep breath	يأخذ نفساً عميقاً
7	make a jingling sound	يصدر صوتاً رناناً
8	share with others	يشارك مع الآخرين

★ VERB CONJUGATIONS ★

No.	Present	Past	Arabic Meaning
1	walk	walked	يمشي
2	smell	smelled	يشم
3	stop	stopped	يتوقف
4	sit	sat	يجلس
5	take	took	يأخذ
6	think	thought	يفكر
7	laugh	laughed	يضحك
8	share	shared	يشارك

Definitions

تعريفات

	owner	مالك	someone who has something	شخص ما يمتلك شيئاً ما
	jingling	رنين	a light, ringing sound	صوت خفيف ورنان
	share	يشارك	to give some of what you have to others	أن تعطي بعض ما لديك للآخرين
	hungry	جائع	wanting to eat	يريد أن يأكل
	greedy	جشع/طماع	always wanting more than what is needed	يرغب دائماً في الحصول على أكثر مما هو مطلوب

Tip!

The story elements are:



عناصر القصة هي:

- **Characters:** the people and animals in a story
- **Setting:** the time and place of a story
- **Plot:**
 - **Beginning:** Meet the people/Know the place
 - **Problem:** Something goes wrong
 - **Middle:** The character tries to fix it
 - **Climax:** The most exciting part
 - **Ending:** The problem is solved

• الشخصيات: الأشخاص والحيوانات في قصة ما

• الخلفية: زمان ومكان قصة ما

• الحبكة:

• البداية: قابل الأشخاص / اعرّف المكان

• المشكلة: شيء ما خطأ يحدث

• المنتصف: الشخصية تحاول أن تصلحها (المشكلة)

• الذروة: الجزء الأكثر إثارة

• النهاية: المشكلة يتم حلها

Beginning



One morning, Goha was walking through the market. He was very hungry, but didn't have enough money to buy food. Suddenly, he smelled something wonderful. The yummy smell was coming from a restaurant's window.

ذات صباح، كان جحا يمشي خلال السوق. كان جائعاً جداً، لكن لم يكن لديه مال كافٍ لشراء الطعام. فجأة، شم رائحة رائعة. كانت الرائحة اللذيذة قادمة من نافذة مطعم.





Middle

The restaurant owner saw Goha and asked, "What are you doing?" Goha said, "I'm enjoying the smell of your delicious soup." The owner was greedy. He said, "You can't smell the soup for free! You must pay for it!" Goha thought for a moment. Then, he took out a few coins from his pocket. He shook them in his hand, and they made a jingling sound. "Here," said Goha. "If you want money for the smell of your soup, then you can take the sound of my coins."

رأى صاحب المطعم جحا وسأله: «ماذا تفعل؟» أجاب جحا: «أستمتع برائحة حشيقاً الذئبة». كان صاحب المطعم جشعاً، فقال: «لا يمكنك شم رائحة الحساء مجاناً! عليك أن تدفع ثمنه!» فكر جحا للحظة، ثم أخرج بعض العملات المعدنية من جيبه. هزها في يده، فأصدرت صوتاً رنيناً. قال: جحا: «هذه، إذا كنت تريد مالاً لرائحة حسائك، فأنت تستطيع أن تأخذ صوت عملاتي المعدنية».



End

The owner laughed at Goha's clever answer. "Come inside," he said. "Let's share this soup. Good food tastes better when shared with others!"

ضحك صاحب المطعم على إجابة جحا الذكية، وقال: «تفضل بالدخول. لنشارك هذا الحساء. الطعام اللذيذ يكون ألذ عندما نتشاركه مع الآخرين!»



The moral of the story

العبرة (الدرس المستفاد) من القصة

Being kind is better than being greedy.

أن نكون طيبين أفضل من أن نكون جشعين.



Comprehension Questions

- 1 Where was Goha walking?
- 2 What did Goha smell?
- 3 Who was greedy?
- 4 What did Goha shake in his hand?
- 5 What did the owner do at the end?



Translation (الترجمة)

- 1 كان جحا جائعاً.
- 2 شمَّ جحا رائحة الحساء.
- 3 كان صاحب المطعم طماعاً.
- 4 هزَّ جحا بعض العملات.
- 5 شارك جحا الحساء مع الآخرين.

Language Notes

1 Make (التعبير عن السببية)

القاعدة:

نستخدم الفعل make وجاء في النص بالماضي made أو المضارع البسيط makes متبوعاً بمفعول، ثم (مصدر الفعل) أو (صفة) ويعني "يجعل":

Pattern 1 make + object + verb

- This smell **makes** me feel less hungry.
(هذه الرائحة تجعلني أشعر بجوع أقل).

Pattern 2 make + object + adjective

- The story **makes** Goha happy.
(القصة تجعل جحا سعيداً).



2 Verbs of Senses (أفعال الحواس)

القاعدة:

أفعال مثل **smell** (يشم / رائحته) و (يتذوق / مذاقه) يأتي بعدها صفة (Adjective) وليس حالاً (Adverb) للتعبير عن حالة الشيء.

- The soup **smells** delicious.
(الحساء رائحته لذيذة).

- Good food **tastes** better.
(الطعام الجيد طعمه أفضل).

Note:
better هي صيغة المقارنة من **good**.

3 Pay for & For Free (حروف الجر والتعابير الخاصة بالدفع والمجان)

Pay for (يدفع ثمن شيء)

يأتي حرف الجر **for** بعد الفعل pay لبيان الشيء المدفوع ثمنه.

- You must **pay for** the smell!
(يجب أن تدفع ثمن الرائحة!).

For free (مجاًناً / بدون مقابل)

تعبر ثابت يُستخدم لبيان أن الشيء بلا مال.

- You can't smell the soup **for free**.
(لا يمكنك شم الحساء مجاناً).



4 Countable & Uncountable Nouns (الأسماء التي تُعدّ والأسماء التي لا تُعدّ)

Countable Nouns (أسماء تُعدّ)

Coins

عملات معدنية: اسم جمع يُعدّ، لذلك استخدمنا قبله في القصة كلمة **a few** (قليل للعدد).

- He took out **a few coins**.
(أخرج قليل من العملات المعدنية).

Uncountable Nouns (أسماء لا تُعدّ)

Money – Soup – Food

أسماء لا تُعدّ، لذلك لا يمكن جمعها بإضافة s ولا تأخذ a / an مباشرة في هذا السياق، واستخدمنا معها **enough** (كافي).

- He didn't have **enough money**.
(لم يكن لديه مال كافي).





• **Short vowel sounds** are pronounced quickly and not pronounced as their letter name, like the "a" in "hat".

Long vowel sounds are pronounced the same way as their letter name, like the "a" in "plate".

تُنطق الأصوات المتحركة القصيرة بسرعة ولا تُنطق كاسم حرفها، مثل حرف "a" في كلمة "hat". تُنطق الأصوات المتحركة الطويلة بنفس طريقة نطق اسم الحرف، مثل حرف "a" في كلمة "plate".



Vowel (a)

Letter (a) → short a /æ/



hat قبعة

Letters (a-e) → long a /ei/



plate طبق/مسطح

Vowel (o)

Letter (o) → short o /ɑ:/



pot وعاء/خلة

Letters (o-e) → long o /ou/



home منزل

Vowel (e)

Letter (e) → short e /e/



pen قلم

Letters (ee) → long e /i:/



feed تطعم

Extra Words

كلمات إضافية

Short (a)



cat قطة



rat فأر

Short (o)



hot حار/ساخن



log جذع

Long (e)



heat حرارة



bean فاصوليا

Exercises on Lesson 3

1. Choose the correct answer from a, b, c or d:

1. Mom buys fruit and vegetables at the
a) school b) library c) market d) bank
2. We had lunch at a nice yesterday.
a) sea b) restaurant c) window d) money
3. Someone who has something is the
a) farmer b) teacher c) greedy d) owner
4. I want something to eat. I'm
a) hungry b) thirsty c) angry d) asleep
5. He always wants more than what is needed. He is
a) happy b) sad c) greedy d) tired
6. My friend is kind. He always his food with me.
a) shares b) says c) shakes d) drinks
7. Grandpa gave me some and I bought ice cream.
a) cans b) crops c) soup d) coins
8. I like the sound of the coins.
a) jingling b) greedy c) sad d) scary
9. The of a story are the people and animals in it.
a) settings b) characters c) lesson d) day
10. The setting of a story is the of it.
a) time and place b) people and animals c) events d) narrator

2. Read and complete the text with the words in the box:

hear - smell - coins - restaurant - share

One day, Goha was hungry but didn't have enough money to buy food. He smelled delicious soup from a ① He sat outside, enjoying the ② of it. The owner asked Goha to pay for the smell. Goha cleverly offered to pay with the sound of his ③ The owner laughed and invited him in to ④ the soup.

3. Read the text and answer the questions:

Once upon a time, in a small village, lived a funny man called Goha. Goha had a donkey, and this donkey was funny too!

One morning, Goha wanted to go to the market. "Come on, my friend!" Goha told his donkey. He rode on the donkey's back.

But the donkey didn't walk! It didn't move. Goha pushed and pulled the donkey but it didn't move. Then, Goha had a great idea! He got off the donkey. He picked up a big carrot. "Look, my friend!" he said, showing the carrot to the donkey.

The donkey started to walk! It followed Goha, trying to get the yummy carrot. Goha walked, and the donkey walked right behind him. They walked all the way to the market, with Goha holding the carrot and the donkey following. People at the market laughed and clapped. "Oh, Goha!" they said, "You are so clever!" Goha just smiled. He knew his donkey loved carrots! And that's how Goha and his donkey always went to the market.

A. Choose the correct answer from a, b, c or d:

1. Goha wanted to go to the

- a) school b) river c) market d) bank

2. The donkey loves

- a) fruit b) carrots c) cheese d) milk

B. Answer the following questions: 3. What did Goha pick up?

.....

4. What did the people do when they saw Goha?

.....

4. Punctuate the following:

1. what lesson do we learn

.....

2. goha is funny

.....

5. Write a paragraph using the following guiding elements:

- Topic: A story you read

Guiding words: funny - Goha - clever

.....

.....

.....

Lessons 4,5

My Healthy Life - Sequence Words

Key Vocabulary



first

أولاً



next

بعد ذلك / التالي



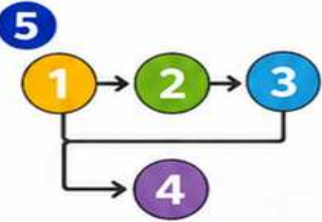
then

ثم



finally

أخيراً



sequence

تتابع / ترتيب الأحداث



routine

روتين / نظام يومي



habits

عادات



healthy

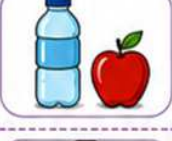
صحي

Extra Vocabulary

No.	English	Arabic
1	strong	قوي
2	dressed	يرتدي ملابسه
3	breakfast	وجبة الإفطار
4	lunch	وجبة الغداء
5	dinner	وجبة العشاء
6	including	بما في ذلك / مشتملاً على
7	milk	لبن / حليب
8	fruit	فاكهة
9	study	يُدرس / يذاكر
10	snack	وجبة خفيفة

No.	English	Arabic
11	homework	واجب منزلي
12	sports	رياضات
13	shower	دُش / استحمام
14	evening	المساء
15	morning	الصباح
16	break	فسحة / وقت الراحة
17	clothes	ملابس
18	changed	عَيَّرَ / بَدَّلَ
19	washed	غسلَ
20	important	هام

★ SUMMARY OF THE LESSON ★

- 1  I have a healthy daily routine. لدي روتين يومي صحي.
- 2  I wake up early every day. أستيقظ مبكراً كل يوم.
- 3  I brush my teeth and wash my face. أفرش أسناني وأغسل وجهي.
- 4  I eat a healthy breakfast. أتناول فطوراً صحياً.
- 5  I study and play with my friends. أدرس وألعب مع أصدقائي.
- 6  I drink water and eat healthy snacks. أشرب الماء وأتناول وجبات صحية.
- 7  I do my homework after school. أؤدي واجبي بعد المدرسة.
- 8  I sleep early to stay healthy. أنام مبكراً لأبقى بصحة جيدة.

★ EXPRESSIONS & PREPOSITIONS ★

No.	Expression / Preposition	المعنى
1	keep me healthy	يحافظ علي صحتي
2	in the evening	في المساء
3	play sports	يمارس أنشطة رياضية
4	stay strong	يبقى قوياً
5	wake up early	يستيقظ مبكراً
6	brush my teeth	أفرش أسناني
7	eat a healthy snack	أتناول وجبة خفيفة صحية
8	go to bed	أذهب إلى النوم

★ VERB CONJUGATIONS ★

No.	Present	Past	المعنى
1	wake up	woke up	يستيقظ
2	brush	brushed	يفرش
3	wash	washed	يغسل
4	eat	ate	يأكل
5	drink	drank	يشرب
6	study	studied	يدرس
7	play	played	يلعب
8	sleep	slept	ينام

1. Think and answer.

- **Question:** How can you stay healthy?



My Healthy Life

Having a daily routine is important. Let me tell you about my healthy habits and how they help me stay strong.



Every day, I follow the same routine.

First, I wake up early at 6:00 a.m. and brush my teeth. I wash my face and get dressed for school.

كل يوم، أتبع نفس الروتين. أولاً، أستيقظ مبكراً في الساعة 6 صباحاً وأفرش أسناني. أغسل وجهي وأرتدي ملابسني للمدرسة.



Next, I have a healthy breakfast, including milk and fruit.

بعد ذلك، أتناول وجبة إفطار صحية، بما في ذلك اللبن والفاكهة.



Then, I go to school, where I study and play with my friends. During break time, I eat a healthy snack and drink water.

ثم، أذهب إلى المدرسة، حيث أدرس وألعب مع أصدقائي. أثناء وقت الفسحة، أتناول وجبة خفيفة صحية وأشرب الماء.



After school, I have lunch with my family.

بعد المدرسة، أتناول وجبة الغداء مع عائلتي.



After that, I do my homework and then play sports for one hour.

بعد ذلك، أؤدي واجبي المنزلي ثم ألعب الرياضة لمدة ساعة واحدة.



In the evening, I take a shower and have dinner.

في المساء، أستحم وأتناول وجبة العشاء.



Finally, I go to bed at 9:00 p.m. because sleeping early keeps me healthy.

أخيراً، أذهب إلى النوم في الساعة 9:00 مساءً، لأن النوم المبكر يحافظ على صحتي.

Comprehension Questions

- 1 What time does the boy wake up? _____
- 2 What does he have for breakfast? _____
- 3 What does he do after school? _____
- 4 Why does he go to bed early? _____

Translation (الترجمة)

- 1 أستيقظ مبكراً كل يوم.
- 2 أتناول وجبة إفطار صحية.
- 3 أذهب إلى المدرسة مع أصدقائي.
- 4 أؤدي واجبي المنزلي بعد المدرسة.

Language Notes

1 Sequencing Words (كلمات التتابع والترتيب زمنياً)

تُستخدم لترتيب الأحداث اليومية في الفقرة الإنشائية:

- **Next** (بعد ذلك / يليه)
- **After that** (بعد ذلك)

Example:

► **Next**, she does some simple exercises.



► **After that**, she helps her mother.



2 Prepositions of Time (حروف الجر مع أوقات اليوم)

• نستخدم حرف الجر **in** مع أجزاء اليوم

in the morning / **in** the afternoon / **in** the evening



in the morning



in the afternoon



in the evening

• نستخدم حرف الجر **at** مع الساعات وكلمة **night**

at 6:00 a.m. / **at** 8:30 p.m. / **at** night



at 6:00 a.m.



at 8:30 p.m.



at night

3 Prepositions with Meals (حرف الجر مع الوجبات)

• نستخدم حرف الجر **for** قبل الوجبات:

For breakfast / **For** dinner



For breakfast



For dinner

4 Compound Adjectives (الأسماء الممثلة لصفات العمر)

لاحظ التعبير:

a healthy 10-year-old girl

عند استخدام العمر كصفة قبل الاسم، نضع شرطة (-) بين الكلمات وتكون كلمة **year** مفردة وليست جمعاً.



a healthy
10-year-old girl



Tips for creating a presentation about healthy eating habits



- ✓ Speak clearly and slowly so your friends can understand you.

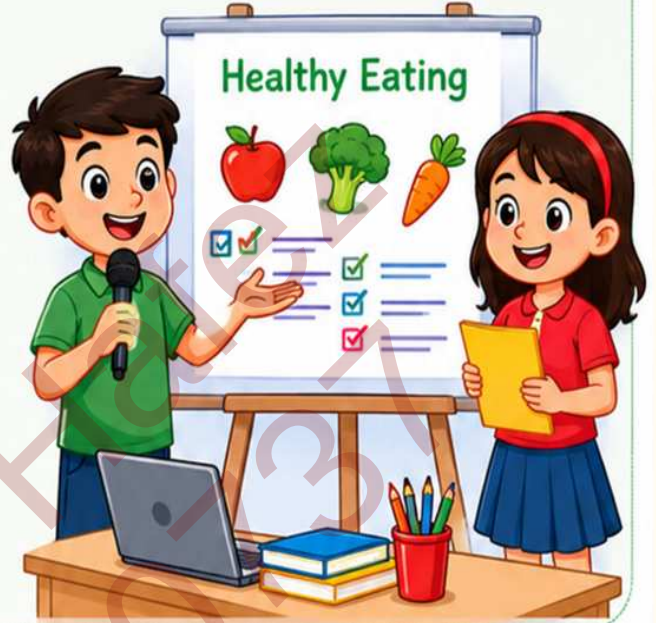
تحدث بوضوح وببطء حتى يتمكن أصدقاؤك من فهمك.

- ✓ Share your presentation with the class.

شارك العرض الخاص بك مع الفصل.

- ✓ Make sure to ...

- ✓ use clear headings. استخدام عناوين واضحة
- ✓ add pictures. إضافة صور
- ✓ keep the text simple. إبقاء النص بسيطاً
- ✓ speak for 3-5 minutes. التحدث لمدة 3-5 دقائق



Healthy eating habits عادات أكل صحية



Eat lots of fruit and vegetables: تناول الكثير من الفاكهة والخضروات

Fruit and vegetables give our bodies important **vitamins**.

الفاكهة والخضروات تمد أجسامنا بالفيتامينات المهمة.



Always have breakfast: تناول وجبة الإفطار دائماً

A healthy breakfast gives our bodies the **energy** we need to start the day.

وجبة الإفطار الصحية تزود أجسامنا بالطاقة اللازمة لبدء يومنا.



Eat healthy snacks: تناول وجبات خفيفة صحية

Eat snacks that have the right amounts of **carbohydrates**, **proteins**, **fats**, etc.

تناول وجبات خفيفة تحتوي على الكميات المناسبة من الكربوهيدرات، البروتينات، الدهون، إلخ.



Exercises on Lesson 4

1. Choose the correct answer from a, b, c or d:

1. I up early at 6:00 every day.
a) b) wake c) pay d) say
2. I wash my face and get for school.
a) tired b) dress c) dressed d) address
3. I always have a breakfast.
a) healthy b) bad c) sad d) scary
4. I eat lunch. Next, I brush my teeth.
a) First b) Finally c) Then d) One
5. I watch TV at 10:00. I go to bed.
a) Then b) After c) Finally d) First
6. I my lessons at school.
a) buy b) let c) dressed d) study
7. I have a between breakfast and lunch.
a) snake b) snack c) star d) stop
8. I sleep for 8 hours because this me healthy.
a) loses b) tells c) keeps d) writes

3. Read and complete the text with the words in the box:

healthy - After that - Finally - First - school

I have a daily routine. ① I wake up early at 6:00 a.m. and brush my teeth. Next, I have a ② breakfast, including milk and fruit. Then, I go to school. ③ I have lunch with my family. ④ , I go to bed at 9:00 p.m.

3. Read and write the correct form of the word(s) between brackets:

1. (Second) I get up early at 6:00.
2. After (then) I have breakfast.
3. (Next to) I get dressed.
4. (Final) I go to school.

4. Punctuate the following:

1. i have a healthy meal
-

Comprehensive Exercises - Unit 1

1. Choose the Correct Answer from a, b, c or d

1. We can flowers with our nose.
a. taste b. smell c. see d. touch
2. There is a Look at the dark smoke.
a. fire b. noise c. match d. rain
3. This soup is hot, it hurts my
a. tongue b. nose c. neck d. feet
4. You use your sense of to listen to music.
a. smell b. sight c. hearing d. touch
5. My brother tennis on weekends.
a. play b. plays c. played d. playing
6. They their cars every Friday.
a. washes b. wash c. washing d. washed
7. The girls their mother every day.
a. helps b. helping c. help d. is helping
8. Laila plenty of water every morning.
a. drink b. drinks c. to drink d. drinking
9. I early every night.
a. sleep b. sleeping c. sleeps d. slept
10. A clever boy has a sharp
a. body b. mind c. sleep d. food
11. She lots of energy so she can learn, play, and enjoy her day!
a. have b. do c. has d. are
12. Her habits help her feel good.
a. unhealthy b. slow c. healthy d. difficult
13. We some exercises in the morning.
a. does b. do c. doing d. done
14. I help my brother to his homework.
a. does b. doing c. do d. did
15. Fruit is a healthy
a. snack b. routine c. subject d. soup
16. I sports for one hour at the park.
a. to play b. playing c. plays d. play

2. Read and Complete the Texts with the Words in the Boxes

[eyes - senses - hear - touch - tongue]

We have five senses. They help us understand the world around us. Our (1) are sight, hearing, smell, taste, and touch. We use our ears to (2) We use our eyes to see. We use our (3) to taste. We use our hands to (4) We use our noses to smell.

[garden - sleep - habits - stay - healthy]

It's important to have a healthy day. Having healthy (1) helps us live a better life. When we eat healthy food, we (2) strong and fit. Getting enough (3) every night helps our body stay (4) and keeps our mind sharp. Doing exercises is also important for us.

[smell - welcomed - coins - soup - share]

One day, Goha was hungry but he didn't have enough money to buy food. He smelled delicious (1) from a restaurant. He sat outside, enjoying the (2) of it. The owner asked Goha to pay for the smell. Goha cleverly offered to pay with the sound of his (3) The owner laughed and invited him in to (4) the soup.

[homework - First - breakfast - teeth - Next]

Having a daily routine is important. I follow the same routine every day. (1) , I wake up at 7 a.m. I wash my face, brush my (2) and get dressed for school. Next, I have my healthy (3) with my family. Then, I go to school. After school, I have lunch and do my (4) Finally, I go to bed early.

[learn - senses - park - smell - taste]

Today is a beautiful day. We are at the (1) on a school trip. We want to (2) more about things around us. We use our (3) to help us understand more. We can see the sunlight with our eyes. We can (4) the flowers. We can taste fruits. Our senses are amazing and work all the time.

3. Read and Correct the Underlined Mistakes

1. He are healthy and strong. → [.....]
2. Yara and Rana helps their mother in the kitchen. → [.....]
3. Healthy foods gives me energy. → [.....]
4. Farmers grows many crops in Egypt. → [.....]
5. She go to school by bus. → [.....]
6. They has lunch at 3 p.m. → [.....]
7. He study English with his dad. → [.....]
8. You spends your money on sweets. → [.....]
9. The restaurant open at 9 a.m. → [.....]
10. I takes a shower before sleeping. → [.....]
11. She wash the dishes after lunch. → [.....]
12. Ali and Sami feeds their dog every day. → [.....]
13. Eman walk to school with her friends every morning. → [.....]

4. Read the Texts and Answer the Questions

Sarah is a healthy 10-year-old girl. She follows good habits every day to stay strong and healthy. In the morning, Sarah wakes up early at 6:00 a.m. She brushes her teeth and washes her face. After that, she does some simple exercises in the garden. For breakfast, Sarah eats healthy food. She drinks orange juice, and eats eggs and brown bread. These foods give her energy for the day.

(1) This text is about Sarah's

- a. healthy habits b. favorite clothes c. favorite story d. bedroom

(2) Sarah does some exercises in the

- a. zoo b. museum c. garden d. school

(3) What time does Sarah wake up?

.....

(4) How old is Sarah?

.....

5. Read the Texts and Answer the Questions

A farmer and his wife have a duck. This is a special duck because it lays a golden egg every day. They sell the egg for a lot of money. They feel happy. Then, one day, they decide to kill the duck and get all the eggs at once to be rich faster. When

they do that, they find nothing inside the duck. They are very sad now and learn the lesson 'Not to be greedy'.

(1) The opposite of the underlined word 'rich' is

- a. amazing b. healthy c. poor d. weak

(2) The farmer and his wife are

- a. kind b. clever c. greedy d. good

(3) Why is the duck special?

(4) What do the farmer and his wife decide to do to get all the eggs?

6. Punctuate the Following

1. if we smell smoke, we know there's a fire

2. what will we learn today

3. which habit do you think is healthy

4. she doesn't eat too many sweets

5. how was goha clever in solving the problem

6. do you share food with your friends

7. after that, she has a healthy lunch

8. i eat healthy snacks

7. Write a Paragraph using the Guiding Elements

Topic 1: Our Senses

Topic 2: Your Healthy Habits

Topic 3: Sharing with Others



Important Paragraphs

Our senses

five – hear – help

We have **five** senses. We can see, hear, smell, taste, and touch. Our senses **help** us understand the world around us.



My healthy habits

vegetables – exercises – sleep

I follow good habits to stay healthy.
I eat fruit and **vegetables**. I do **exercises**.
I also get enough **sleep**.



Sharing with others

others – happy – kind

Sharing with **others** makes us **happy**.
We can share food and toys. When we give to others, we learn to be **kind**.



Your daily routine

wake up – breakfast – school

First, I **wake up** at 6:00 a.m. Next, I have **breakfast**. Then, I go to **school**. Finally, I **sleep** at 9:00 p.m.



1

Wake up
6:00 a.m.



2

Have
breakfast



3

Go to
school



4

Sleep at
9:00 p.m.